

## DISEASE IS THE CURE!

### An Holistic Approach to Healing

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*There's an old saying in Holistic Health circles: "The Disease is the Cure". The pain and upset of life's conflicts and challenges makes us pay attention to what we may be ignoring or even denying and suppressing. On the other hand, we can choose to find the time and patience to focus and pay attention without being forced to by conditions. In doing so we can tap into a tremendous, inexhaustible font of healing inner resources. It is my fervent hope that the reader treats this article and its tenets as a "Working Hypothesis", in the spirit of the great Greek philosopher/ mathematician, Euclid.*

### A Holistic Approach to Development

*When an entity does not take the time to live more holistically, the organism's inner attempt to eliminate resulting morbific<sup>1</sup> matter is blocked; and disease is both the result and the "cure"<sup>2</sup>.*

Whether the "organism" is a human being or an organization the root energy to heal it from conditions of "dis-ease" is found within it. This energy or life force is always working to evolve and grow the organism, and does so with much less discomfort when we identify with it and cooperate with it.

Cooperation means feeding the organism what it needs to thrive. This becomes even more critical when the organism is already weakened to a certain degree by hereditary and/or environmental factors. Given the "hand we are dealt" we can still strive to function at the healthiest degree possible under the circumstances. We do this by consciously applying our will to discern what the organism needs, and adopt a "diet", lifestyle, and environment that, to the extent possible, nourishes and supports the organism.

When we fail to properly nourish the organism or tune into its inner most needs, it acts on its own to regain homeostasis. The attendant symptoms of pain and upset make us pay attention to what we otherwise may have been deaf, dumb and blind to perceive.

In relationship to the health of the body, a weakened heredity, compounded by toxic environmental factors and willfully unnatural or enervating<sup>3</sup> lifestyles overtaxes the organism's ability to eliminate the toxins of

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<sup>1</sup> "Relating to or causing disease; pathogenic"

<sup>2</sup> "NATUROPATHIC HEALTH CARE"; [http://www.drbarrytaylor.com/about\\_naturopathy.htm](http://www.drbarrytaylor.com/about_naturopathy.htm); "The natural state of the human organism is health, homeostatic balance. In this state, the human organism has the innate ability - the vitality to ward off diseases and heal itself. Vitalistic medicine maintains that when disease occurs, this self - healing ability has been blocked. Disease Symptoms (fever, rashes, this etc) are not simply caused by an "evasion" of external agents or germs, but are manifestations of the organism's attempt to defend and heal itself. The "disease" is the cure." A physician's task, then is to help remove the agents blocking that healing process, bolstering the patient's own healing capacity, and this restore homeostatic balance; health.

<sup>3</sup> Enervate: "to lessen the vitality or strength of"

living. When the organism is overwhelmed and blocked in its efforts to routinely eliminate toxins, it leads to an abnormal or heightened effort to detoxify, which we experience as the symptoms of disease. Ideally, the most curative intervention is that which assists the body in this effort to heal itself, as quickly and as efficiently as possible.

### Suppression versus Healing

The father of western medicine, Hippocrates, said, "If you feed a cold, you will have to starve a fever." **HE DID NOT SAY, "FEED A COLD AND STARVE A FEVER"!!<sup>4</sup>**

If, when the organism reacts to eliminate the toxins of living (such as when we catch a cold), we persist in feeding the body the same enervating "diet" of foods and lifestyle factors at the root of the problem, then the "dis-ease" will magnify; the cold turns into a fever in order to burn up and consume the accumulated toxins; now we will have to **starve the fever** ---i.e., fast from all food or at least the most offending items.

Hippocrates advocated "food" as the medicine of first resort, saying, let "food be your medicine and let medicine be your food."<sup>5</sup> Drugs and/or surgery are most necessary as a last resort or as temporary measures when normal lifestyle factors can not immediately effectuate relief. Even then, however, the **use of suppressive drugs or surgery is not necessarily meant to be primary long-term care** in lieu of holistic diets and lifestyle. If anything, the two schools of thought should be complementary.

Long term suppression of symptoms, without adequate changes in diet and lifestyle can evolve a condition from acute to chronic. The accumulated side effects of suppressive drug use --- when inappropriately used as a routine, long-term palliative<sup>6</sup>, instead of being used judiciously in conjunction with a more holistic diet and lifestyle --- is to create a new and more chronic condition. The patient may still live and be relatively more free from the pain associated with the suppressed condition, but the organism is in a much weaker state, operating at less than maximum capacity, and vulnerable and susceptible to further ill health.

On the other hand when, over the long term, the patient *pays attention to and* cooperates with the organism's attempt to heal itself---i.e. attends to and provides nourishment for its inner needs, the organism gradually works to cure itself to the extent possible, even if one chooses to incorporate some judicious use of short term "first aid", surgery or suppressive drugs.

### Aggravation of Symptoms

In the process of holistic cure, the organism may temporarily re-visit symptoms which were suppressed in route to increasingly more chronic disease. However, this re-surfacing can be a sign of cure because of the direction and character of the symptoms, as epitomized in Homeopathic modalities of healing. According to *Herrings Law of Cure*<sup>7</sup>:

"The cure is from above downwards, from within outwards, from major organs to minor organs, and symptoms will disappear in reverse order to their appearance (i.e. the first symptoms to appear will be the last to go)"

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<sup>4</sup> "Cold and Flu Virus & Toxicity"; <http://www.healingessences.com/ColdFluVirusDiet.html>; the above quotation is probably one of the most misquoted and misunderstood sayings of all time. Usually quoted as "starve a cold, feed a fever," or "feed a cold, starve fever," either way the wisdom of the saying is missed. The point that Hippocrates tries to convey is this: at the onset of a cold, fasting is necessary in order to promote the body's detoxification process; otherwise the condition will worsen and one will eventually be forced to fast due to the severity of the symptoms.

<sup>5</sup> "Action Steps for Treating the Cause"; <http://www.drlenlopez.shoppingcartsplus.com/action.html>

<sup>6</sup> "treating symptoms only: alleviating pain and symptoms without eliminating the cause"

<sup>7</sup> "Homeopathy"; [http://www.medicus.net.au/MEDICUS/pgb3\\_homoeopathy.htm](http://www.medicus.net.au/MEDICUS/pgb3_homoeopathy.htm)

As “cure” proceeds and some symptoms recur, it is important to let nature take its course.<sup>8</sup> Unfortunately, many a person who is treated holistically is not told that there may be a temporary aggravation of symptoms in the process of cure or remission. One can recognize curative aggravation of symptoms by the noticing that recurring symptoms are: less frequent; less intense; of shorter duration; and commensurate with an overall increased vitality of the patient.

The patient who is not aware of these phenomena sometimes acts like the drunk or addict who is going through temporary symptoms of withdrawal: He/she opts for the “quick fix or “silver bullet”---i.e., he/she imbibes the very substances which helped cause the disease condition in the first place. Why? Because, as in the case of drunks/addicts, a “shot” of drugs or alcohol temporarily stops the withdrawal symptoms or “hangover”, which is essentially part of the body’s attempt to heal itself.

Drugs and alcohol --- as well as a whole host of other unnatural diet and lifestyle factors ---- act as stimulants which *enervate* or use up the organism’s energy while providing little or no real nourishment.<sup>9</sup> Abuse of mind altering substances is actually an attempt to suppress and deny awareness of what is really going on inside the individual’s sphere of awareness. The attendant pain and upset is actually designed to “conscientize”<sup>10</sup> individuals---i.e., make them conscious of what is really going on inside of them, but which they deny and suppress.

### Conclusion

When experiencing the symptoms of disease first try to discern what the body is trying to tell you, even if you have to take short term suppressive measures. Try to determine the root causes of the problem, in order to map out a long term treatment which will 1) gradually erase the toxic effects of short term treatment; 2) begin to feed the body what it needs to facilitate the healing it is trying to effectuate; and 3) lead to long term cure or remission.

A study of the science of Homeopathy and Herring’s Law is a dynamic way to have a more in-depth understanding of how the body tries to heal itself through the process of dis-ease. Once we learn to work with the body instead of against it, we lessen the need for intense short term healing crises. Finally, there is a direct relationship between the “germ” theory of disease – the western suppressive approach – and the phenomenon of imperialism in the world.

### **APPENDIX: THE IMPERIALISTIC APPROACH TO HEALING**

To imperialistically “heal” is to be content with an undo focus on aborting symptoms by killing or suppressing germs, or cutting out apparently non or malfunctioning body parts. It is treating germs as if they are the “enemy” and malfunctioning body parts as if they are superfluous. It is like taking a legitimate emergency room operation and making it a vehicle of primary care, something it is not meant to be. This approach does not

<sup>8</sup> \*\*What is true in the case of Homeopathy has been observed generally in Holistic approaches to healing: “In chronic disease, homeopathy usually does not give immediate relief of symptoms. Usually there is an aggravation of symptoms briefly as the vital force is stimulated prior to the cure. In spite of this, the patient will somehow feel better. Intensification of existing symptoms is a sign of the body’s own healing power and is considered a favorable response. Although difficult at times, it is crucial at this point to wait out the aggravation”, “Dr. James Schacht”, <http://www.theavh.org/members/custom/jschacht.htm>

<sup>9</sup> When the sum of our daily expenditure is greater than we can or than we do recuperate daily, we become enervated. When an enervated individual is saturated with toxins, any additional enervating influence that puts an added check to elimination will cause the toxemia to be pushed above the point of toleration, and will precipitate a crisis, a process of compensatory elimination through channels whose main work is not elimination, e.g., en mucous membranes (colds, catarrh, inflammation and skin eruptions); “Therapeutic Fasting and Detoxification - Internal Cleansing - Optimum Health Through Natural Hygiene”; <http://www.shirleys-wellness-cafe.com/fasting.htm>

<sup>10</sup> Make conscious

cure the patient, because it does not address the root causes of illness in consciousness, nor does it sufficiently address the patient's responsibility in healing and disease.

**The germ theory of disease** and the tendency to view drugs and surgery as a first resort rather than a last resort is part and parcel of a left-side-of-the brain oriented approach to reality. It is the approach that speaks of "the war on cancer", or "beating the disease", instead of realizing that the disease is the cure, and should be managed in such a way as to cooperate with what the body is trying to do.

The imperialistic approach to healing is a signature of western world national and political orientation based on the core theories of **"positivism" and "reductionism"**. Positivism is the theory that theology and metaphysics are imperfect modes of knowledge in comparison to knowledge based on the empirical sciences. Reductionism theorizes that simple physical laws may explain all biological processes.

Positivism and reductionism are left brain dominant orientations, which overemphasize verbal, "intellectual", linear or segregative thinking, and negate the validity of right brain, intuitive ways of seeing the world. They reduce everything to something you can see, touch, measure or control (using the mind operating through the senses of perception). Whatever can not be understood or manipulated is the enemy to be conquered or repressed, or feared, dominated, controlled and, in some cases, enslaved. Often whole races of people are viewed as being alien to the left brain orientation and are therefore expendable.

It can also be legitimately said that there is a counter school of thinking that deifies right brain, feeling, and emotional, instinctive ways of behaving at the expense of left brain awareness. These two schools of thinking are akin to the two brain hemispheres, the white versus non-white cultures of the world, and the "modern" or conventional versus the "traditional". The conventional often ignores the traditional (customary ways of being) and the traditional often perpetuates customs and mores that are no longer useful.

The solution is a whole brain approach using both the left and right brain as well as the frontal part of the brain. This places a focus on the primacy of cause versus effect and direct first hand inner experience as a guide to external, material experience. It refuses to masquerade left brain intellectualism as "science" or right brain psychism as "mysticism". It integrates the use of the left and right hemispheres under the guidance of the frontal brain.

Usually, anyone who espouses the frontal, whole brain approach is liable to offend both the conventional and the traditional. In addition, many left or right brain dominant people are masquerading as "holistic", "alternative", "complementary", etc. when in reality they are completely devoid of a real spiritual understanding or orientation.

A true spiritual understanding realizes that there is a real causal world beyond the senses and the mind that can be accessed to bring about and understand effects in the material world. There is a science of technology of how to do this, which even the pseudo religious, holistic, and spiritual charlatans are not aware of. Literally one must "lose one's mind" to be successful. That is, one must understand that beyond the finite, temporal, mortal level of being is an infinite, eternal, immortal realm of being that we as "the crowns of creation" can have access to. However, to do so requires transcending the ego "I" which thinks it is a supreme creator God.

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